



**Trying to
shed those
holiday pounds?**

**Need help
with your diet
& exercise plan?**

Visit

between

**and try one of our
Lighten Up! menu specials.**

Frequent healthy diners can earn
great prizes after 10 meals.

Ask for your frequent diner card today!

Don't miss the
"Buns on the Run" 5K (or 1 mile walk) on

The first 50 participants receive a cool shirt!

For more information



Gardenburger  **NAUTILUS**

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